**Apricot Chicken Thighs with Root Vegetables**

Prep Time 15 minutes Cook Time 17 minutes Total Time 32 minutes

Ingredients

- 1 tablespoon olive oil
- 20 oz boneless skinless chicken thighs
- Kosher salt and fresh ground black pepper to taste
- 2/3 cup low sodium chicken broth
- ¼ cup apricot preserves
- 2 tablespoons Dijon mustard
- 1 cup diced carrots
- 1 cup diced parsnips
- 1 cup diced rutabaga
- 1 teaspoon finely chopped fresh sage
- 1 teaspoon finely chopped fresh rosemary
- 1 teaspoon finely chopped fresh thyme
- 1 ½ teaspoons grated garlic, 2-3 cloves

Instructions

1. Heat the olive oil in a large skillet over medium-high heat.
2. Season the chicken thighs with salt and pepper then add them to the hot skillet. Brown for 3-4 minutes per side. Remove the chicken from the skillet and onto a plate.
3. Whisk together the chicken broth, apricot preserves and Dijon in a small bowl and set aside.
4. Add the carrots, parsnips and rutabaga to the skillet, season with salt and pepper and sauté 4-5 minutes.
5. Add in the herbs and garlic and sauté another minute.
6. Add the chicken back into the skillet and pour in the apricot mixture. Reduce the heat to medium, cover with a lid or piece of foil and cook for another 7-8 minutes or until the chicken is cooked through.
7. Once the chicken is cooked, taste for seasoning and spoon some of the sauce over the chicken thighs. Garnish with more fresh herbs then serve.

Notes

Feel free to use whatever mix of root vegetables that you prefer.

Nutrition

Calories: 317kcal | Protein: 30g | Fat: 10g | Saturated Fat: 2g | Cholesterol: 133mg | Fiber: 4g | Sugar: 13g